



# Carboo4U Weser Hammer Duathlon Bodenfelde 2016 plus Staffelduathlon Bodenfelde / 08.05.2016

## Detailed evaluation

**Knoke, Lars**

**Total time: 1:25:43**

Club: jedestrainingzählt

Number: 43

Course: 37.30 km

Rank in course/Total: 5 (of 55)

Carboo4U Weser Hammer Duathlon Bodenfelde

Rank in course/Men: 5 (of 46)

Best time in course: 1:18:23

Category:

Rank in category: 3(of 11)

Senioren 2 TM Jg. 45

Best time in the category: 1:19:21

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Laufzeit 1	4.65	18:53	4:03	4	1:54	13	2:19	4.65	18:53	4:03	4	1:54	13	2:19	
Radzeit	28.00	50:38	1:48	3	3:43	4	3:43	32.65	1:09:31	2:07	3	5:37	5	5:39	
Laufzeit 2	4.65	16:12	3:29	3	0:45	6	1:41	37.30	1:25:43	2:17	3	6:22	5	7:20	